



## Jazzed Up Yogurt

The World Health Organization suggests we have no more than 6 added teaspoons of sugar a day (the equivalent to 24 grams). Some flavored yogurts start at containing at least 3 added teaspoons. Use plain, full-fat yogurt (Greek style or regular) and add in your own fixings. Start by adding less sweetener and taste to see how much sweetener you really need.

When choosing yogurts, the best thing to do is choose plain full fat (Greek or regular, your preference). Then jazz it up, and remember a little bit of fat goes a long way; so, you will not need a large amount to feel satisfied. The fat will fill you up and keep you satisfied in the long-term.

### Yogurt for Breakfast Anyone?

Start with plain full fat yogurt and jazz it up. The chart below contains some suggestions.

You don't have to incorporate every row just base it on what you are feeling that day.

Highlighted in yellow is an example of a great combination.

Fruit	Sweetener	Toppings	Flavorings
Berries of choice	The fruit or granola alone may add enough	Granola	Grated fresh ginger
Banana slices	Maple syrup	Nuts of choice	Dash of vanilla or almond extract
Apple slices	Honey	Dried coconut	Pinch of cinnamon
Pineapple or papaya chunks	Brown sugar or Turbinado sugar	Dark chocolate chips	Pinch of cocoa powder
Dried fruit, finely chopped	Fruit juice	Ground flax seeds or hemp seeds	Pinch of nutmeg

Another option is to simply buy a flavored yogurt that contains all real ingredients and mix it with plain yogurt. That way you still get the flavor but cut down on the amount of sugar per serving.